

ABSTRAK

Berdasarkan studi pendahuluan yang dilakukan oleh penulis pada pekerja di proyek pembangunan gedung bertingkat oleh PT.X Jakarta Barat berdasarkan data sekunder yaitu data kunjungan klinik tercatat sebanyak 203 kasus hipertensi di tahun 2022, dan di tahun 2023 hipertensi tercatat sebanyak 293 kasus hipertensi terhitung dari bulan Januari – Juli 2023. Selanjutnya untuk memperkuat data sekunder yang ada peneliti melakukan wawancara kepada 10 orang pekerja. Hasil wawancara tersebut 7 dari 10 pekerja merasakan gejala atau keluhan yang sama ketika tekanan darahnya sedang tinggi, Penelitian ini bertujuan untuk mengetahui faktor-faktor yang berhubungan dengan kejadian hipertensi pada pekerja di proyek pembangunan gedung bertingkat oleh PT.X Jakarta Barat Tahun 2023. Penelitian ini menggunakan desain penelitian *cross sectional* dengan jumlah sampel 86 pekerja. Teknik pengambilan sampel yaitu *simple random sampling* dengan analisis data univariat dan bivariat menggunakan uji *chi-square*. Penelitian ini dilakukan pada bulan April - Agustus 2023. Hasil univariat proporsi tertinggi pada kejadian hipertensi yaitu 54 orang (62%), umur beresiko (≥ 45 tahun) 52 orang (60%), ada riwayat keturunan hipertensi 55 orang (64%), beban kerja beresiko 50 orang (59%). Stres kerja 57 orang (67%). Hasil bivariat ada hubungan pada variabel umur (PR 6,408 95% CI = 2,844 – 14,437), ada hubungan pada variabel riwayat keturunan (PR 3,241 95% CI = 1,764 – 5,954), ada hubungan pada variabel beban kerja (PR 1,567 95% CI = 1,069 – 2,297), tidak ada hubungan pada variabel stres kerja (PR 1,323 95% CI = 0,893 – 1,960). Kesimpulan pada penelitian ini, proporsi tertinggi terdapat pada kejadian hipertensi, umur berisiko, ada riwayat keturunan, beban kerja berisiko, dan stres kerja. Ada hubungan antara umur, riwayat keturunan dan beban kerja dengan kejadian hipertensi, dan tidak ada hubungan antara stres kerja dengan kejadian hipertensi. Saran pada penelitian ini yaitu perusahaan sebaiknya selalu mengedukasi pekerja mengenai hipertensi pada pekerja, dan menerapkan manajemen stres kerja pada pekerja di proyek.

Kata Kunci : Hipertensi, umur, riwayat keturunan, beban kerja, stres kerja.

ABSTRACT

Based on a preliminary study conducted by the author on workers in a high-rise building construction project by PT.X West Jakarta based on secondary data, namely clinic visit data, there were 203 cases of hypertension recorded in 2022, and in 2023 hypertension was recorded as many as 293 cases of hypertension as of January – July 2023. Furthermore, to strengthen the existing secondary data, the researcher conducted interviews with 10 workers. The results of the interview were that 7 out of 10 workers felt the same symptoms or complaints when their blood pressure was high. This study aims to determine the factors associated with the incidence of hypertension in workers in a high-rise building construction project by PT. X West Jakarta in 2023. This research using a cross sectional research design with a sample of 86 workers. The sampling technique was simple random sampling with univariate and bivariate data analysis using the chi-square test. This research was conducted in April - August 2023. Univariate results showed the highest proportion of hypertension, namely 54 people (62%), age at risk (≥ 45 years) 52 people (60%), there was a hereditary history of hypertension 55 people (64%), risky workload of 50 people (59%). Work stress 57 people (67%). The bivariate results have a relationship to the age variable (PR 6.408 95% CI = 2.844 – 14.437), there is a relationship to the ancestry variable (PR 3.241 95% CI = 1.764 – 5.954), there is a relationship to the workload variable (PR 1.567 95% CI = 1.069 – 2.297), there is no relationship to the variable work stress (PR 1.323 95% CI = 0.893 – 1.960). In conclusion, in this study, the highest proportion was found in the incidence of hypertension, age at risk, history of heredity, risky workload, and work stress. There is a relationship between age, heredity and workload with the incidence of hypertension, and there is no relationship between work stress and the incidence of hypertension. Suggestions in this study are that companies should always educate workers about hypertension in workers, and apply work stress management to workers in projects.

Keywords: Hypertension, age, family history, workload, work stress.